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ASCA Level 2 S&C Coach Accreditation Recognised Industry Provider Application: Key Requirements and Options

Course Modules Required

To meet the ASCA Level 2 Strength & Conditioning (S&C) Coach Accreditation as a Recognised Industry Provider (RIP), your institution's curriculum must align with the following core modules:

1. About the ASCA
2. Coaching Theory
3. Planning Integrated Training
4. Speed Development
5. Strength Development
6. Energy System Training
7. Flexibility, Mobility, Warm-Ups and Cool-Downs
8. Assessment of the Athlete
9. Maintaining a Healthy Athlete
10. Nutrition for Sports Performance and Drugs in Sport
11. Recovery Methods
12. Law and the Strength and Conditioning Coach

Assessment Requirements

Every student must:

- Attend all modules of the Level 2 Course.
- Pass the pre-course Online Quiz.
- Complete ASADA's Pure Performance Level 1 e-Learning.
- Sign and submit the ASCA Consent and Coaches Code of Behaviour Form.
- Write an article suitable for the Journal of Australian S&C.

- Complete the Level 2 Course Workbook within 3 months of attendance.
- Demonstrate practical teaching/coaching competencies during the course.
- Complete 60hrs of practical coaching (20hrs supervised by a Level 2 Coach, 40hrs self-monitored in the S&C field).

Submission Options for RIP Application

1. Core Courses/Units/Topics Only

- **If your institution submits only core courses/units/topics:**
    - You **may** achieve Full RIP if all Level 2 content is covered.
    - If coverage is partial, you may:
        - Negotiate with ASCA to deliver missing modules/material.
        - Develop a Top Up course to fill content gaps.
        - Adjust your curriculum and resubmit for Full RIP.

2. Core & Elective (Optional) Courses/Units/Topics

- **If using electives to meet module requirements:**
    - Only students who complete all relevant electives/core modules become eligible for ASCA Level 2 Accreditation.

Important Notes for Institutions

- The ASCA will only recognize students who have completed all approved Courses/Units/Topics from your submitted application.
- Students missing any required elements will not be eligible for accreditation.
- Institutional flexibility is allowed: you may achieve Full or Partial RIP and negotiate ways to top up content for student eligibility.

Summary:
For RIP application, thoroughly review which core and/or elective courses from your curriculum best address all ASCA Level 2 module requirements. Partial coverage allows for negotiation or curricular adjustments to reach Full RIP, while using electives requires ensuring students complete every specified unit. Only full completion of the approved curriculum makes students eligible for ASCA Level 2 S&C Coach Accreditation.

Details of each

Here are the detailed descriptions of each ASCA Level 2 S&C Coach Accreditation course module and assessment requirement:

Course Modules: Details

1. **About the ASCA**
    - Overview of the Australian Strength and Conditioning Association including its mission, vision, standards, and role in professional development.
2. **Coaching Theory**
    - Principles of effective coaching, communication, athlete motivation, leadership styles, and ethical considerations.
3. **Planning Integrated Training**
    - Structure of annual plans, periodization, goal setting, and how to design comprehensive training programs integrating multiple physical qualities.
4. **Speed Development**
    - Science and techniques for enhancing linear and multi-directional speed in athletes; assessment methods and speed drills.
5. **Strength Development**
    - Methods for increasing muscular strength and power, prescription of resistance training, exercise technique, and progression.
6. **Energy System Training**
    - Understanding and training of aerobic and anaerobic systems; interval training methods and how to optimize energy system development for sport.
7. **Flexibility, Mobility, Warm-Ups and Cool-Downs**
    - Role of flexibility and mobility in performance and injury prevention; design of dynamic warm-ups and effective cool-down routines.
8. **Assessment of the Athlete**

- Methods for evaluating physical qualities (testing strength, speed, endurance, flexibility), interpreting data, and applying results to inform training.

9. **Maintaining a Healthy Athlete**
    - Strategies for injury prevention, early diagnosis and referral, load management, and overall athlete wellness, including mental health considerations.
10. **Nutrition for Sports Performance and Drugs in Sport**
    - Basics of sports nutrition, hydration, supplementation, and dietary support; education regarding anti-doping and substance regulations.
11. **Recovery Methods**
    - Evidence-based recovery strategies: sleep, active recovery, massage, hydrotherapy, and emerging techniques to optimize training outcomes.
12. **Law and the Strength and Conditioning Coach**
    - Legal responsibilities, risk management, maintaining safe environments, record-keeping, and coach-athlete relationship boundaries.

Course Assessment Requirements: Details

- **Attend all modules:** Full participation in scheduled course sessions (theoretical and practical).
- **Pre-course Online Quiz:** Online assessment focusing on foundational knowledge, to be completed before course attendance.
- **ASADA Pure Performance e-Learning (Level 1):** Completion of Australia’s national anti-doping education, ensuring coaches understand clean sport practices.
- **ASCA Consent and Coaches Code of Behaviour Form:** Signed commitment to uphold professional standards, safety, and ethical behavior.
- **Write an Article:** Submission of an original, publishable piece for the Journal of Australian S&C—demonstrates critical thinking and engagement with current best practices.
- **ASCA Level 2 Course Workbook:** Workbook tasks reflecting on and applying course material, to be completed within 3 months.

- **Practical Competency:** On-course demonstration of effective coaching, teaching, and athlete engagement.
- **60 hours Practical Coaching:**
    - *20 hours directly supervised* by an ASCA Level 2 Coach—observation or feedback included.
    - *40 hours self-monitored* field coaching—logbooks or similar records to show evidence.

This framework ensures coaches are qualified across technical knowledge, practical application, legal/ethical standards, and professional conduct, preparing them for advanced roles in strength and conditioning.